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--11. (new) The method according to claim 10, wherein the method comprises administering 0.5 to 1500 international units (IU) enzyme per kg body weight of the mammal per dosage.

--12. (new) The method according to claim 10, wherein the preparation is provided with a coating that prevents reduction of activity of the enzyme by stomach acid and/or stomach proteases.

--13. (new) The method according to claim 10, wherein said enzyme is administered to the mammal during a period of 60 minutes before and 60 minutes after ingestion of a carbohydrate and wherein the total amount of carbohydrate ingested during said period exceeds 5 grams.

--14. (new) The method according to claim 10, wherein the preparation further comprises one or more components selected from the group consisting of carbohydrate absorption inhibitors, carbohydrase inhibitors, and enzymes capable of synthesizing sparingly digestible saccharides from easily digestible saccharides.

--15. (new) The method according to claim 10, wherein the preparation further comprises magnesium or cobalt.

--16. (new) The method according to claim 10, wherein the glucose isomerase has a pH optimum for converting glucose to fructose below pH 8.